


# Fiche de rotation des ateliers de la RSA DECOUVERTE ROULER-GLISSER

## 12 EQUIPES - 6 TEMPS

Classe A A1 A2 A3 A4 A5 A6

Classe B B1 B2 B3 B4 B5 B6



		 Temps		PROPULSION			EQUILIBRE			VITESSE			DEPLACEMENT			EXPRESSION			JEU COLLECTIF		
		08:45		BOB SKATE			PIROUETTE			RELAIS			SKATECROSS			DANSE			3 CONTRE 3		
		09:00	Consignes	15'		BOB SIEGE						ICECROSS									
PREMIERE PARTIE		09:15	<b>Temps 1</b>	15'	<b>A1</b> Vs <b>B1</b>	<b>A6</b> Vs <b>B2</b>	<b>A5</b> Vs <b>B3</b>		<b>A4</b> Vs <b>B4</b>	<b>A3</b> Vs <b>B5</b>	<b>A2</b> Vs <b>B6</b>										
			Transition	5'																	
		09:35	<b>Temps 2</b>	15'	<b>A2</b> Vs <b>B2</b>	<b>A1</b> Vs <b>B3</b>	<b>A6</b> Vs <b>B4</b>		<b>A5</b> Vs <b>B5</b>	<b>A4</b> Vs <b>B6</b>	<b>A3</b> Vs <b>B1</b>										
			Transition	5'																	
		09:55	<b>Temps 3</b>	15'	<b>A3</b> Vs <b>B3</b>	<b>A2</b> Vs <b>B4</b>	<b>A1</b> Vs <b>B5</b>		<b>A6</b> Vs <b>B6</b>	<b>A5</b> Vs <b>B1</b>	<b>A4</b> Vs <b>B2</b>										
			Pause	5' + 15'																	
SECONDE PARTIE		10:30	<b>Temps 4</b>	15'	<b>A4</b> Vs <b>B5</b>	<b>A3</b> Vs <b>B6</b>	<b>A2</b> Vs <b>B1</b>		<b>A1</b> Vs <b>B2</b>	<b>A6</b> Vs <b>B3</b>	<b>A5</b> Vs <b>B4</b>										
			Transition	5'																	
		10h50	<b>Temps 5</b>	15'	<b>A5</b> Vs <b>B6</b>	<b>A4</b> Vs <b>B1</b>	<b>A3</b> Vs <b>B2</b>		<b>A2</b> Vs <b>B3</b>	<b>A1</b> Vs <b>B4</b>	<b>A6</b> Vs <b>B5</b>										
			Transition	5'																	
		11:10	<b>Temps 6</b>	15'	<b>A6</b> Vs <b>B4</b>	<b>A5</b> Vs <b>B5</b>	<b>A4</b> Vs <b>B6</b>		<b>A3</b> Vs <b>B1</b>	<b>A2</b> Vs <b>B2</b>	<b>A1</b> Vs <b>B3</b>										
			Rangement																		
		11:45	Retour à l'école																		